

FREDERICK COUNTY COMMISSION ON AGING MINUTES
Winchester Hall
February 8, 2016

| COA MEMBERS | DOA STAFF | EXCUSED | UNEXCUSED | GUESTS |
|------------------------|------------------|---------------------------|------------------|----------------|
| Mary Beachley | Kitty Devilbiss | Carol Haag | John Brown | Ray Brown |
| Elizabeth Chung | Lisa Jacob | Randy McClement, Mayor | | Louise Lynch |
| Ernell Graham | Sue Ramsburg | Bobbie Speace | | Ann McDermott |
| M.C. Keegan-Ayer | Carolyn True | | | Meg Motter |
| Tom Lawler | Ian Zile | | | Joyce Rowe |
| Dianne Lewis | | | | Thea Ruff |
| Tish Raff | | | | Sandra Wastler |
| Katie Rhinehart-Hemler | | | | |
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- I. **Call to Order** – Dianne Lewis called the meeting to order at 1:00pm.
- II. **Welcome & Introductions** – Dianne welcomed all attendees. Mary Beachley welcomed the nursing students who are here from the Shepherd University program. They are orienting with local agencies to get familiar with the needs of the older population. Dianne asked Commission member who are present at today's meeting to introduce themselves to the audience.

- III. **Action on the Agenda** – No new agenda items.
- IV. **Approval of Minutes** – The minutes of the January 11th meeting were approved as written. Tish Raff made a motion to approve the minutes and Mary Beachley seconded the motion. All were in favor.

Partners in Care (PiC), Shannon Baskerville – Shannon is the Volunteer Maryland Coordinator for Partners in Care. The site supervisor is Sarah Ferrall and she is out of the office for medical reasons. PiC is a non-profit organization which provides assistance to seniors in Frederick County to help them maintain their independence. There are four branches of PiC in Maryland. The Frederick site has been in place for sixteen years. The main service provided is transportation with a priority status given to medical appointments. Other services areas they would like to increase are handyman services, home visits, and light housekeeping. An important goal of the program is to recruit more volunteers. The organization has 132 members and 57 are active volunteers. The “member” term includes volunteers and clients. Members can trade services. Someone who may provide transportation services can receive housekeeping services. Last year’s statistics included 2900 rides, 27,000 miles driven, and 3,300 volunteer hours. Shannon’s goal is to recruit forty new volunteers within the next six months. She asked members of the audience and Commission to consider becoming volunteers. She also asked that people also help spread the word of the program. The main volunteer opportunity is a transportation driver. Member volunteers submit references, a driver’s license, and a background check. There is an orientation program for new volunteers. Clients sign a waiver to reduce liability to the volunteer and PiC provides an additional insurance for the volunteers who drive. Currently there is a three month waitlist for services and new requests come in every day. Referrals come from doctor’s offices and government agencies. The clients must be 50 years or older and live independently. Some volunteer drivers will provide out of county transportation. There are no financial criteria. Funding is provided by donations and grants.

Supporting Older Adults with Resources (SOAR), Linda Teodosio – SOAR is a 501(c)3 that was founded in 2013 serving seniors in Frederick County which is 100% volunteer with no paid staff. They assist seniors who are unable to meet their basic needs. There is an application available on-line which can also be mailed to interested participants. Their yearly fundraisers have raised from 2013 in the amount of \$7,000 to 2015 in the amount of \$40,000. The primary fundraiser is the *Toast to the Holiday* event held at the end of each year. This year’s event will be held on November 19th and will be held at the All Saints Episcopal Church in Frederick and is \$25 per

ticket. The criteria for receiving assistance is age 55 or older and meet an income criteria. The program receives monetary donations as well as equipment and service donations. They partnered with Federated Charities in August and share equipment donations and requests. They also rely on grants for funding. They have served over 200 residents with over 300 service requests. The referrals come from Frederick Memorial Hospital, Adult Evaluation Review Services (AERS), Dept of Social Services (DSS), Dept of Aging, and seniors and/or their family members. They partner with local business in order to provide services/items to local seniors in need. Medication, food, and transportation are the biggest needs. They are looking for more volunteers.

Elder Services Provider Council (ESPC), Julie Christianson –

The ESPC is a group of industry individuals that collaborate and they have been meeting for twenty years. They gather for a networking meeting the second Thursday of month at the Frederick Senior Center. The monthly meeting provides an opportunity to exchange information and resources. The mission is to educate the community about issues relevant to older adults, to provide an open forum for providers, to advocate for the needs for older adults. They donate a percentage of proceeds from fundraising in the form of charitable giving. They also hold an annual Elder Expo at the Frederick Fairgrounds. The past year there were 77 vendors and 634 attendees. This is a great opportunity for the vendors to share information. The attendees are age 50-95 and are provided a free lunch. There is also an opportunity for seniors to receive a flu shot. The proceeds from this event are given back to the community. This year's event will be held on October 12th. The website is www.espcfrederick.com.

Volunteer Income Tax Assistance (VITA), Dianne Lewis – The VITA program provides free tax assistance to local residents. Dianne has been volunteering for four years. The volunteers receive training and have required testing before they can perform tax preparation. There is a VITA site located at the Dept of Aging. There are some age and income guidelines. The number to call to schedule an appointment is 301-600-1605. There is also free income tax assistance at the Bernard Brown Center and appointments can be made by calling 211. Carolyn True added that 161 appointments have been scheduled at the Dept of Aging at this point.

V. Director's Report, Carolyn True -

Carolyn introduced Lisa Jacob, the new MAP Coordinator. Lisa was the MAP Specialist at the Howard County Office on Aging. Carolyn thanked the Commission for the letter of support sent for the budget appeals which the Department has submitted to the budget office.

The County Executive will be holding budget hearings in the near future.

Carolyn shared that during a recent snow event, the DoA staff was in “snowmode” and made a specific effort to make sure the seniors we serve did not go without meals. Extra meals were delivered prior to the snow and staff came in while the County was closed to make sure meals were delivered where critical needs were disclosed.

Carolyn announced an upcoming event to be held at FCC on February 24th. An Aging and Careers workshop will be held to give students an opportunity to explore possible careers in the aging field. This will be open to the students in the Social Sciences classes held there. They are hoping for a good turnout.

- VI. United Seniors of Maryland (USM), Tish Raff** – Tish stated that there was a good turnout at the USM Forum last Wednesday. However, there were few participants from Western Maryland and only five from Frederick. Senate President Mike Miller attended as well as Rona Kramer from the Maryland Dept of Aging. There was an opportunity to break down into small groups to meet with the local delegation. Michael Hough and Karen Lewis Young both presented for the small group discussion. Tish state that the Maryland General Assembly website is very easy to use and has a section “how to use this website”. It is very important to the representatives to hear from their constituents.

VII. New Business – Sub-committee Report/Mission Statement

- VIII. Nominating Committee** – Tom Lawler announced the new nominees for the Commission; Anne McDermott, Sandra Wastler, Thea Ruff, Leslie Schultz, and Marie Reeves. He stated that the County Executive did approve all the nominees. The next step is to get approval from the County Council. This information will be presented to the Council next Tuesday.

Business Task Force, Tom Lawler – Tom stated that the Business Task Force was established as a result of the Needs Assessment. The goal is to encourage businesses to help address the needs of seniors and their caregivers. The main focus at this point is the topic of caregiving and educating the business community. Frederick is sponsoring a *Healthy Business Forum – Generations in the Workplace* with a focus on issues that impact employee performance. The Task Force will have a table at this event to distribute information. Another initiative is to update the Dept of Aging’s caregiving flyer. Carolyn has partnered with University of Maryland

Marketing students and Mary Collins is also working on this project. The Forum will be held at FMH Crestwood on April 5th. The group is also looking at transportation issues. Nancy Norris, Director of Transit services and Sarah Ferrall have both agreed to participate in this discussion.

Public Policy, Tish Raff – Tish spoke regarding some of the current bills in legislation. The *Income Subtraction Modification* would allow exclusion for certain types of income for residents 70 and older. The maximum pension exclusion would increase to \$75,000, phased in over seven tax years. There is a bill for the Dept of Aging to develop a comprehensive plan with other Human Service agencies. There is a bill which would increase and regulate operating funds which are distributed to fund state Senior Activity Centers. *The End of Life Option Act* bill describes ways in which someone who is terminally ill can self administer medication to determine when their life will end. There are strict criteria attached to this bill which will disallow abuse of the option. There is also a bill that would supports tax benefits to those who are trying to maintain independent living. Tish reminder everyone that there is an option to listen to the hearings and meetings on-line.

Health, Mary Beachley – Mary states that this group has not met at this time. Mary Beachley and Bobbie Speace are co chairs for this group. She did state that the CDC released an influenza alert on February 1st. They are seeing a severe flu and recommended a visit to the doctor if you are in the high risk group which includes those under the age of 2, over the age of 65, or have a suppressed immune system or chronic disease. They also suggest doctors give the anti-viral medicine as soon as possible.

Senior First Committee – This group was scheduled to meet with the Dept of Aging staff in January however it was cancelled because of the weather. These meetings will need to be rescheduled. The next meeting will be on February 24th in Winchester Hall.

IX. Announcements - Elizabeth Chung stated that an Memorandum of Understanding has been signed between the Asian American Center and Frederick Memorial Hospital to train people to become community health workers and work in the community. The training includes 160 hours of (free) training over a six to eight week time frame. The goal is to help with transitional care and shorten hospital stays.

X. Public Comment –
Josh Bokee, Alderman City of Frederick, stated that he came because he saw the list of speakers on the agenda. He expressed

his appreciation for the Commission and the information shared today.

Katie Nash (CALM) announced the Seeds of Life is working on a food bus that will distribute food to isolated areas of the county. There will be a community dinner at the Trinity United Methodist Church on March 18th at 6pm to support the CALM organization.

XI. Adjournment -

The meeting adjourned at 2:15 pm.

Respectfully submitted,

Susan M. Ramsburg
Recording Secretary